



Palmwoods Pages



Upcoming Events

VOICES ON THE COAST
Friday 21 July

UNDER 8'S DAY
Thursday 27 July

HOMELESSNESS SLEEPOVER
Friday 28 July

INSTUMENTAL STRINGS EISTEDDFOD
1 August

ENRICHMENT BEGINS YEAR 3-6
4 August
Friday for 5 wks

YEAR 2 EXCURSION
Friday 11 August

KIDS CLUB DATE NIGHT
11 August

SCHOOL CONTACTS

SCHOOL
5453 2444

ABSENTEE HOT LINE
5453 2444
OPT 1

KIDS CLUB
5478 9499

TUCKSHOP
5453 2408

WEBSITE: www.palmwoodss.eq.edu.au **EMAIL:** admin@palmwoodss.eq.edu.au

SCHOOL ADMIN NEWS

19 July 2017

Welcome back to Term 3

All students have settled in really well to the normal classroom routines for the start of Term 3.

Student Attendance

Attendance at school is a compulsory legal requirement and all students have started off the term really well. It is a requirement of schools to document the absences where we need the specific details of each absence. We really appreciate how parents use the Student Absence Line to notify us of a student absence. Please call 5453 2444 and use the student absence option 1 to notify and explain an absence. From here our Admin staff then update the student attendance records.

Thank you also to all our families with the efforts to get your children to class on time each morning. Classrooms open at 8:30am and all classes have a morning routine that ensures all our students are ready for the day ahead. During this time the attendance roll is also marked in readiness for specialist lessons that commence at 8:50am. This is an extremely important process that we have put in place to give each child the best chance for schooling success. Thank you for your support with this.

Run Squad

Run Squad will be running each Wednesday and Friday morning from 7:50-8:30am for all of Term 3. There is no cost involved but students will need to be punctual.

The program is aimed at those students who want to improve their running and endurance and is ideally suited for Years 4-6 students and good runners in Year 3. Due to the cooler weather it is advised that students wear good running shoes and sports socks for the run squad, and then change into dry school shoes and another dry pair of socks. A separate running shirt or singlet is also advisable as they hopefully will get a bit of a sweat up during running. It is best if they then change into their fresh school shirt before they go to class.

Also, if any of these students have younger siblings at school who arrive with parents at the earlier time then they will be able to join in for part of the running.

Student Behaviour

Students in Years 1-6 who earned a Gold or Silver level for their behaviour in Semester 1 will be presented with their tuckshop vouchers over the next two weeks. Today Year 6 students were presented with their vouchers. As informed through the Student Behaviour profiles process, Gold Level students earn a \$2 tuckshop voucher and Silver Level students earn a \$1 tuckshop voucher. It is a reward to acknowledge the high standards of behaviour that each of these students attained. Students from the following Year levels will receive their tuckshop vouchers as follows:

Wed 19 July Year 6 Thu 20 July Year 4 Fri 21 July Year 2
Wed 26 July Year 5 Thu 27 July Year 3 Fri 28 July Year 1

Kind regards
Allan Petts
Deputy Principal



Under 8s Day

★ Parents, Grandparents and younger siblings are invited to attend with their Prep, Year 1 or Year 2 aged students.

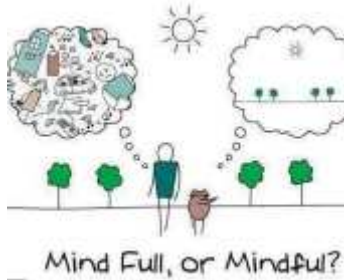
★ Different activities on offer include musical instruments, dancing, bubble blowing, face painting and many more!

★ When: **Thursday 27th July**
★ Time: **11:30-1:00pm**
★ Where: **Year 5-6 Oval** (Wet Weather contingency in Hall)

★ Children will move around the various activities of interest to them, having a lanyard stamped as a record of the fun. Parent assistance would be appreciated to help children where needed.



CURRICULUM CORNER



Mindfulness

Do you often catch your thoughts drifting from what you are doing, to thinking about what you need to do (eg what's for dinner?) or replaying things from your day while trying to fall asleep? If you do you're not alone.

But there is something you can do to help still your mind and experience increased happiness in your life - practicing Mindfulness. Being Mindful involves focusing your attention on what's happening here and now, or paying close attention to what's happening around you.

At Palmwoods State School, all of our staff have joined in recent mindfulness experiences and are using mindfulness activities in the classrooms to help children to experience the benefits for their wellbeing.

There are a lot of different things you can do to help yourself be more mindful. Some of these things are easy and can be incorporated into everyday life, others require a bit more time and some training.

- **Mindfulness meditation:** involves you sitting quietly and focusing on your breathing or a word or phrase you repeat quietly. Allow thoughts to come and go and try not to judge these moment to moment experiences – the point is to 'notice, and let it be'.

There are lots of free mindfulness meditations available from Smiling Mind website



or app. <http://smilingmind.com.au/> or



- **Savouring:** Take time to enjoy and appreciate an activity you are doing. It could be any experience - food, conversation, checking out a good view. The point of it is to pay really close attention to the details – be aware of smells, tastes, sights, sounds, and things you can feel.
- **Mental Photography:** Try taking mental photos of interesting things you find as you are out and about. To take a mindful photo, think about what details you'd like to capture in a shot.
- **Look at the world through a new lens:** Imagine you are seeing everything for the first time and pay attention to little things that wouldn't normally get noticed.
- **Progressive muscle relaxation:** This is a type of relaxation training; try to focus on tensing and relaxing different parts of your body. <http://au.reachout.com/how-to-be-more-mindful>

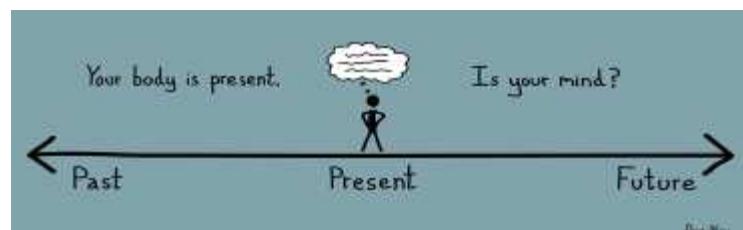
Like anything new, Mindfulness requires practise and perseverance. There is no right or wrong way to be mindful, so try a few to find what works for you and your children.

How can I help at home?

- Download the Smiling Mind app and let your children use the meditations either on their own or with you and other members of the family.
- Practise mindfulness in your everyday life to notice and enjoy the here and now.

Happy Mindfulness practice.

Kellie Martin
Head of Curriculum



PREP 2018 ENROLMENT

The school is currently taking enrolments for 2018 Prep Year.
Enrolment Forms are available NOW from the school office.

Your child is eligible for Prep 2018 if they were born between July 1 2012 and June 30 2013.



SPORTS NEWS

Palmwoods Athletics Carnival Results

Last term the Senior Athletics Carnival provided a great opportunity for our students to showcase all the skills they had learnt and practiced during the term. We had a great turn out from parents and guests which added to the atmosphere of the carnival.

With Ribbons and Trophies up for grabs all the Palmwoods students gave their best for their group. Age Champions Results

9yrs

1 st	Amelia H	1 st	Tahj B
2 nd	Talitha D	2 nd	Jace P Tristan N
3 rd	Asha B	3 rd	Ben S

10yrs

1 st	Keisha G	1 st	Billy W
2 nd	Teigan H	2 nd	Brock B
3 rd	Caitlin M	3 rd	Kye P

11yrs

1 st	Jaimee T	1 st	Scott H
2 nd	Paris S	2 nd	Jordan S
3 rd	Myshela B Sienna B	3 rd	Hayden L

12yrs

1 st	Imogen A	1 st	Luther WR
2 nd	Abigail T	2 nd	Lucas B
3 rd	Jessie S	3 rd	Caleb Y

Overall House Points

1st – Bendixen 1260

2nd – Landsborough 1020

3rd – Nicklin 950

Any athlete who recorded at District Qualifying time/Distance will be invited to represent Palmwoods SS at the up Nambour District Track & Field Trials on Wednesday 2nd of August. Students have received paperwork in week 2 of Term 3.

Kris Kearney
HPE Teacher

RESOURCE CENTRE NEWS

TELLING STORIES

A Children's Story Writing Competition

Mooloolaba Rotary together with the University of the Sunshine Coast and Voices on the Coast is excited to announce the 2017 annual Short Story Competition TELLING STORIES for young writers on the Sunshine Coast and hinterland. If you are in Grade 4, 5, or 6 we would love to hear from you. There are great prizes and it's FREE!



WHAT DO I WRITE? A short story with the title: 'I should have helped!'

Year 4 - 300 – 500 words

Year 5 - 400 – 600 words

Year 6 - 600 – 800 words

Palmwoods School can submit three stories from each Year level. All stories to be handed into the library to be judged by a selection of teachers to be then submitted

Closing date for entries: Wednesday 16th August to school Library

CBCA Book Week Theme for this year is:

We will be celebrating our 'Book Week' in the second last week of Term 3, to coincide with 'Arts Alive' and our 'Book Fair'. More details to come!

Vic Mijnaerds
Teacher/Librarian



GREAT NEWS !! QCWA Competition – Division 1 Winners

Thank you to all the children who entered the 2017 Queensland Country Women's Association 'Country of Study' (Nepal) competition this year.

Congratulations to the following FIRST prize winners:

Summer (1B)

Walker Lee (3G)

Sasha (5G)

Shary (6I)

All of these children have received a small cash prize and their entries move onto the next level of the competition!

Congratulations also to Alexa (1R) for her 2nd prize winning and Kassadi (1E) for her 3rd prize winning. They also received a small cash prize.

Well done to – Isla (1R) and McKenna (PN) who received a 'Highly Commended' for their entries. First, second and third winners will be receiving their prizes at our next school parade.

Claudia Garrett
STLD Teacher

Enrolments for Year 7 2018

Thinking about where to enrol your child for Year 7 next year? Would you like to know what Nambour State College has to offer?

Please contact 5450 4105 for more details or if you would like an enrolment package to be sent to you.

Please note – Pinnacle and Scholarship applications close 28th July 2017.

You must submit enrolment forms to be eligible.



P & C NEWS
GRANTS

Palmwoods State School P&C recently applied for a Grant through the **Gambling Community Benefit Fund** and were advised of the success of our application. We have received \$30,000 to put towards our school's air conditioning project. This is fantastic news and a great achievement by the P&C. This money has given our fundraising a huge boost, and we are now half



way to our goal. Congratulations to all on our wonderful achievement!

We have also been successful in our Grant submission to the **Nambour RSL** for \$5000 to purchase a dishwasher, pie warmer and iPad. Many thanks to the Nambour RSL for your support.



SCHOOL BUILDING FUND

Thank you to the following families for their generous donation to the School Building Fund which will go towards Air Conditioning the whole school

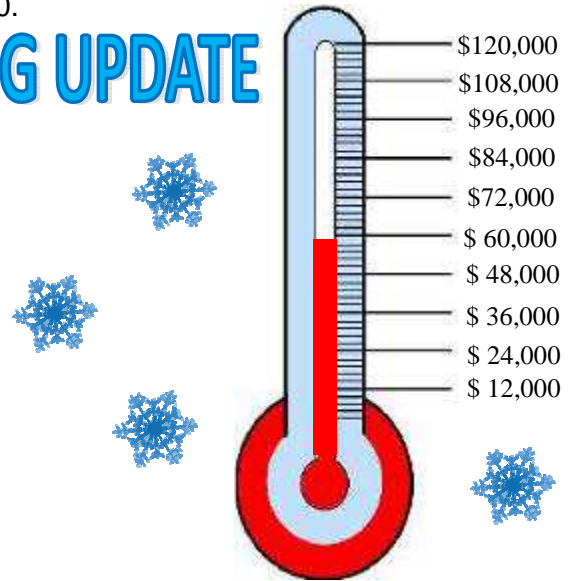
- | | | |
|--------------------|-------------------------|-----------------|
| Malone Family | Rachel Irvine | Walton Family |
| Naismith Family | Chris & Michelle Bishop | Rickards Family |
| Helen Morais Moita | Rhonda Paterson | Mokaraka Family |
| | | Leanne Baker |

We received \$2730 in donations. As the school and P&C will match these donations dollar for dollar this brings the total raised to \$8,190.



AIR CONDITIONING UPDATE

Gold Coast Raffle	\$3,331
Bunning's Sausage Sizzle	\$2,058
Donations	\$1,590
Fun Run/Fun Food	\$10,324
Time Warp Festival	\$1,137
Grants *	\$32,500
Building Fund Donations	\$2,730
Dollar for dollar match Building Fund Donations	\$5,460
TOTAL	\$59,130



CHOCOLATE DRIVE WINNERS

CONGRATULATIONS

to the following winners

HIGHEST NUMBER OF BOXES SOLD

Aria R 1R & Zeki B 6N

Class Winners

PREP — Jackson S PG

YEAR 1 — Lincoln H 1B

YEAR 2 — Jessica B 2J

YEAR 3 — Mya B 3G

YEAR 4 — Kane C 4/5P

YEAR 5 — Connor S 5G

YEAR 6 — Campbell F 6N

COMMUNITY NOTICEBOARD

PALMWOODS STATE SCHOOL

Address: 111 Palmwoods/Montville Rd, Palmwoods 4555
Absentee Line 5453 2460
Email: admin@palmwoodss.eq.edu.au

Ph: 5453 2444 Fax: 5453 2400
Kids Club: 5478 9499
Website: www.palmwoodss.eq.edu.au

Advertisement for North Coast Tanks Pty Ltd, featuring concrete water tanks and plunge pools. Includes phone number 5445 9514 and QR code.

Advertisement for brandon & gullo lawyers, offering injury advice, business advice, litigation, and conveyancing. Website: www.bgllaw.com.au | 5479 4733

Advertisement for Pilates in Palmwoods, offering mat & equipment classes. Contact: 0418 795 945, pilates@balancebylibby.com.au

Advertisement for Mick's Tyre & Battery Pty Ltd, professional & friendly service. Phone: 5478 8407, Fax: 5478 8012

Advertisement for Palmwoods Bowls Club, located at 1 Nicklin Road. Social bowls on Weds night/Sun morning, Blues Night on 1st Thursday.

Advertisement for Kungfu & Chi Gung Classes at Palmwoods Memorial Hall. Wednesday nights 6.30-8pm, Saturday mornings 8.30-10.30am.

Advertisement for Rod Tunstall, FIPA C.dec, Accountant and Registered Tax Agent. Contact: (07) 5441 2477, rtunstall@ozemail.com.au

Advertisement for Cali Marsh, Real Estate Professional. Chasing some extra dollars? Talk to me about my Referral Reward. Contact: 0424 792 855

Advertisement for Lloyds Air Conditioning & Refrigeration Services. Patrick Lloyd, M: 0439 472 262, lloyd@sain@bigpond.com

Advertisement for Timber Gym, offering swing play tone fun group fitness classes. Website: play@timbergym.com.au